

CLAIM(S):

The embodiments of the invention in which an exclusive property or privilege is claimed, are defined as follows:

I claim:

4. A mechanical apparatus comprising :

a rigid frame covered with a motionless cushion to allow a user to make different exercises on the ground by engaging to a wrist or ankle from the user a belt joined to a steel wire being fixed at one end of a bar and turning two times around of a main large pulley by giving an effect of pulley's arc; said main large pulley is fixed to a transversal bar being joined to said frame;

said steel wire passes without friction around a first pulley being fixed to said frame and to a second pulley being connected to a part having small holes and being mounted to said frame;

said steel wire passes inside a vertical bar and around of a pulley being mounted to a rotary part turning freely in all directions to allow said steel wire to be pulled down in the desired direction;

said vertical bar is engaged of each side of said first pulley being mounted to said frame and blocked by a metal pin into a small hole being formed with said part for adjusting said vertical bar at the desired position; and a perforated frame in semi-circle permits by means of a metal pin to adjust

**the tension of a spring fixed to said bar joined to a side of said frame so as
to effect a parallel movement to the floor and to a stem connected to a part
being engaged to said perforated frame fixed to said frame.**

CLAIM(S):

The embodiments of the invention in which an exclusive property or privilege is claimed, are defined as follows:

I claim:

1) Claims 1-3 have been cancelled:

[1: A mechanical apparatus, comprising:

a rigid frame covered with a motionless cushion on which the user can be installed comfortably when he makes different exercises on the ground; a vertical bar curved at its superior end made up of an adjustable rotary part at different positions is provided with a pulley allowing to a steel wire to pass without friction inside of said pulley anchored into said rotary part turning freely in all directions, which allows to said steel wire to be pulled down in several directions; the bottom end of said vertical bar comprises a part provided with small holes fixed at said frame from the apparatus, allow to change the adjustment of said vertical bar at the desired position in blocking said vertical with a metal pin, wherein said metal pin is inserted into a smalll hole of said part provided with small holes; and a belt allows to join the wrist or the ankle from the user to said steel wire.]

[2: The mechanical apparatus of the claim 1, further comprising a movable part fixed at the perforated frame in semi-circle from the apparatus by a metal pin, and joined to a stem provided with legs welded at a spring fixed at the bar anchored to said frame from the apparatus joining said steel wire

passing inside of the main large pulley fixed at the transversal bar joined to said frame from the apparatus.]

[3: The mechanical apparatus of the claim 1, wherein said steel wire fixed at said bar anchored to said frame from the apparatus makes two turns around of said main large pulley fixed at the transversal bar joined to said frame from the apparatus in giving an effect of pulley's arc, and wherein said steel wire passes inside of two small pulleys and of said vertical bar.]

2) New claim 4 has been added as follows:

--4. (New) A mechanical apparatus comprising :

a rigid frame covered with a motionless cushion to allow a user to make different exercises on the ground by engaging to a wrist or ankle from the user a belt joined to a steel wire being fixed at one end of a bar and turning two times around of a main large pulley by giving an effect of pulley's arc; said main large pulley is fixed at a transversal bar being joined to said frame;

said steel wire passes without friction around a first pulley being fixed to said frame and to a second pulley being connected to a part having small holes and being mounted to said frame;

said steel wire passes inside a vertical bar and around of a pulley being mounted to a rotary part turning freely in all directions to allow said steel wire to be pulled down in the desired direction;

said vertical bar is engaged of each side of said first pulley being mounted
to said frame and blocked by a metal pin into a small hole being formed
with said part for adjusting said vertical bar at the desired position; and
a perforated frame in semi-circle permits by means of a metal pin to adjust
the tension of a spring fixed to a bar joined to a side of said frame so as to
effect a parallel movement to the floor and to a stem connected to a part
being engaged to said perforated frame fixed to said frame.--.